

## THINK CUTTING SAFETY CORNERS SAVES TIME?

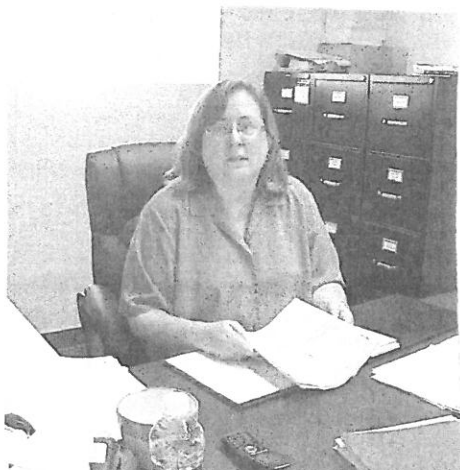
### Think Again!

Taking shortcuts may seem like a good idea at the time but they are often not the safest way to complete a task, especially if you are working with heavy machinery or tools. In fact, if you expose yourself to possible injuries, it's not a time-saver at all!

Remember, the safe way may not be the shortest but the benefits of doing a job the "right way" are invaluable. The following rules are some of your best safety tools.

- Do not take an unsafe entrance or exit into a jobsite or work area; it may pose unseen hazards.
- Never remove or tamper with a machine safeguard.
- Use the right tools for the job, such as scaffolds for work in high areas or the appropriate power tool.
- Can't reach something overhead? Get a ladder!
- Moving an awkward load? The buddy system will help save your back!
- Always maintain a safety-first attitude and alert your supervisor if you witness unsafe practices.

**Take a minute to think about the consequences of taking a shortcut. Remember, the fastest way to do something isn't always the safest.**



**We all would like to thank you Kim Matusevich for being such a wonderful person to work with!**

## Workplace Stress How to Take Control

The National Institute of Occupational Safety and Health reports that job stress is a common health complaint, ranking above financial troubles and family problems. Many experience stress due to heavy workloads, pressure to perform, excessive travel and conflicts with coworkers.

Though some daily stress is common, excessive stress can contribute to insomnia, anxiety, depression, short temper, headache, and stomach and back problems. These symptoms can eventually lead to more serious problems, so try the following tips to help keep your workplace stress under control:

- Set realistic deadlines and plan ahead
- Break larger tasks into smaller, manageable steps
- Think things through before you act while always thinking about the end goal
- Search for alternative ways of doing things, which may save you time
- Use all available resources to assist you
- Take periodic breaks to clear your head and de-stress

## Did You Know?

- A belly laugh is actually a good stress reliever! It stops the flow of stress hormones triggered by your "fight or flight" response.
- Stress hormones weaken the immune system by increasing blood pressure and the number of artery-clogging blood platelets in your body.